

Spheres Of Light Full Moon Circle 21/12/2018



Summer Solstice & Full Moon in Cancer



Summer Solstice (22/12/2018 8:23am) & Full Moon in Cancer (23/12/2018 4:48am)

Tonight, we have the Solstice, which is marked by the Sun's move into the earth sign of Capricorn. The Solstice brings the changing of the seasons and will be the darkest day of the year for those in the Northern Hemisphere, and the longest day of the year for those in the Southern Hemisphere.

With the Sun in Capricorn, we are going to be encouraged to get grounded and to take a more practical view on life. We are also going to be able to take the inspiration and adventure that we gained while the Sun was in Sagittarius, and apply it to our lives so we can relish it for the long term.

Capricorn energy wants the good habits to stick, so it's also a perfect time to set goals, make plans, and think about your new year's resolution.

The month wraps up with a Full Moon in Cancer on the 23rd. This Full Moon is highly sensitive and emotional, and is the last Full Moon we have before entering Eclipse season.

Cancer is a water sign and when it is the sign of a full moon it can bring forth rain, flood and occasionally a tsunami. Cancer is the sign of mothering energy, so during this Moon you may feel a stronger urge to nurture and care for everyone as if everyone was one of your children. Domestic matters will feel more

important than usual, and you will find yourself wanting to be at home surrounded by your loved ones. This is a great time to invite people over Christmas.

Emotions will be heightened during the Cancer Moon, and you may find it easier to tune into your emotional needs, giving you a better understanding of what you need in life to feel satisfied. Even though there is a sensitive tone to this Full Moon, it is actually a great time to reflect on the lessons of the year gone by and to release all that you no longer wish to carry into the new year.

This is the perfect time to spiritually and emotionally cleanse and purify yourself and to really practice self-love and self-care.

Finding time to take a break, and making time for the things that really matter are going to be important as we wrap up the end of the year.

January is an action-packed month with two Eclipses, so December is one of the last chances we have to spend time reflecting and looking after our emotional and spiritual well-being.

2018 has really been a year of healing and reflection. We have had many significant retrogrades and planetary shifts, and it seems that the Universe has really been encouraging us to go within, clear out the old, and reflect on who we are and where we want to be.

As we move through December, this reflective energy is going to amplify, and we are really going to be able to feel how far we have travelled, how we have grown, and how we have spiritually evolved.

2019 is an action-based year, and all of the internal work we have done in 2018 is going to be able to be applied. We are going to be able to take our newly upgraded selves and shine for all of the world to see.

The Ritual

The Summer Solstice is a time to reflect on the growth of the season. Seeds planted in the Earth as well as our own seeds of our soul's desires. This is a time of cleansing and renewal; a time of joyous love and growth. This last Full Moon of the year is a time to celebrate our diversity in oneness; it is a great time for a party and to be the radiant Light that we all are. At this ritual we will show our gratitude for the blessings of our life and the abundance that we receive and we will release aspects that no longer serve our purpose.

Air: Sage Incense.

Fire: A red or orange candle.

Earth: Sea Salt.

Water: Chalice filled with water

Open the Circle

Create the circle — “By the power of the dragons may this circle be blessed, cleansed and sanctified.”

Light the incense and the candle.

As everyone is standing, each person visualises that they are standing at the beach at the point of sunrise:

Meditation: Close your eyes and breathe deeply, deeper than you have before. You are standing on the shore, breathe in the salty air, feel the gentle sea breeze on your face. The birds are flying overhead; take some time to gather your thoughts, relax and take notice how you feel.

As you stand at the edge of the ocean you suddenly feel a desire to go into the ocean. You wade in going deeper into the water. You go deeper and as the water washes over you a feeling of release comes over you. As you move amongst the water you have a sense of great freedom. As you lay on your back, allowing the gentle waves to rock you back and forth, you see the rising sun at this time of the summer solstice and you think about what freedom really means to you. Take the time now for your thoughts, and when you are ready, come back to the shore. (Allow 5 minutes).

As you stand on the shore you stare once more at the rising sun and as you open your eyes become aware of where you are now in life and think about where you want to be.

Call the Quarters

Calling in the quarters is simply calling in the element. A representation of each element is handed around the circle and each person within the circle simply states what that elements means to them. E.g. Air is inspiration, Fire is energy, Water is connection and Earth is stability etc.

Intent & Group Activity

The intent of this ritual is to use the energy of the moon for releasing something that no longer serves you or you have outgrown.

Step 1: Element cleanse

Air - Hold your hands over the incense and say, "with air I cleanse myself." Let the smoke twirl around your fingers for a few moments. Feel the cleansing properties of sage immerse you.

Fire - Then hold your hands above the candle (at a safe distance) and say, "with fire I cleanse myself." Visualise the flame burning away anything unwanted within you.

Water - Dip your hands in the water, again gently rubbing your hands, and say, "with water I cleanse myself."

Earth - Now take the sea salt and crumble it between your fingers, gently rubbing it on your hands, and say, "with earth I cleanse myself."

Sit in silence for a moment while you let the elements do their work.

Step 2: Releasing negativity

Go inside yourself, become completely aware of your body, and say the following:

"Any energy that no longer serves me, please leave now. Keep repeating it, and pay attention to any feelings in your body. As you say these words, see the negativity shedding like a snake sheds its skin.

Step 3: Filling with light

Visualise a white light beaming down through your crown chakra, see it moving through your body filling the spaces that the negativity has left. Visualise the divine light healing your body and say to yourself.

"I ask that my body is filled with pure healing light."

Each person then takes it turn to express gratitude for some aspect of their life. Share your thoughts and feelings with those around you

Close the Circle





